

Reclaim
Your
Rhythm



American Heart Association®



FRIDAY, FEBRUARY 4, 2022

NATIONAL WEAR RED DAY®

Make moves today for
healthier tomorrows.

On Friday, February 4,
crank up the tunes, get on
your feet and **WEAR RED.**

[WearRedDay.org](https://www.WearRedDay.org)

[#WearRedDay](https://twitter.com/WearRedDay)